

Distance Running Results

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Distance Running Results (DRR) publishes results of races 800 metres and longer from all over the world with the focus on South African results.

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EDITORIAL

There were some remarkably quick times in the Eastern Province Half-marathon Championships this weekend (three list leaders). Desmond Zibi's 66:40 in fourth place is the fastest by a South African veteran since David Chawane and Zacharia Mosala ran 65:39 and 65:49 respectively in June 2000, and only 1:38 slower than the SA record of 65:02 set by George Mosweu in 1989. In the women's race both Leandre Pretorius and Liza Bright set PBs. According to correspondent André Pienaar a new route was used, of which the first 8 km was a loop, followed by an out-and-back section, with the finish in the same place as the start at the Forest Hill army base. Despite the unexpectedly fast times run by Zibi, winner Zolani Ngqqaqa, Rodney Prins, Pretorius, Celeste Swart and Liza Bright, the race time bias (RTB) factor for twenty runners works out at -1.45 sec/km, well under the acceptable limit of -5 sec/km for statistical purposes. (See also the note with the results of the Zio Cash & Carry 10 km in this issue.)

In the Milkwood Half Marathon Michelle Bartman's 82:16 is the fastest by a veteran woman inside South Africa this year (Zola Pieterse ran 80:41 in Myrtle Beach, USA, in February).

The Jackie Mekler Ultramarathon, which has been held 28 times, was changed to a 25 km race this year – according to correspondent Derrick Chamberlain due to the early Comrades date. The same may be the case next year, with the race possibly returning to the usual distance in 2011.

In the first major track and field meeting of the year, in Doha, world leads were set in all six distance events, with Abubaker Kaki's 1:43.09 in the 800 perhaps the best performance. Two more men ran under 1:44. In the steeplechase Ezekiel Kemboi was under 8 minutes with a 7:58.85 PB.

Well-known South African coach Bobby McGee, who resides in Boulder, Colorado, these days, commented on the marathon all-time list in last week's DRR in an e-mail and said South Africa's best marathon runners' 10 km times are too slow. "You cannot run under 2:10 if you can't do better than 30 min for 10 km. If you want to do 2:09 for the marathon, you must be able to run 21:49 for 8 km and 61:10 for the half marathon. You cannot specialise in the marathon; you must do the shorter distances too. There are so many guys now who can do 5-minute miles and handle sub-4:30 surges.

"I don't think there is a single marathon coach in South Africa nowadays who has a runner who is busy with a five-year plan – someone who does 125 miles [200 km] a week and train like a 10000-metre runner. It is economically and politically impossible for a South African with that kind of talent to have the vision and the desire to work with someone to reach such a goal.

"I believe Ramaala could have run 2:05, but did he ever work long enough and cleverly enough? If you think of the mistakes people like David Tsebe, Willie Mtolo and Josiah Thugwane made – and Gert Thys with his ideas about blood sugar – then lightly built runners who had speed (like Shadrack Hoff) could have done it with the correct motivation and attitude. But who cares about someone who runs 2:15 today when we had people like Ewald Bonzet and Ferdie le Grange who did it years ago – and by a long way?"

"The world has left us behind; sadly, we have shot ourselves in the foot."

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Worldwear Panorama Half Marathon & 10 km, Johannesburg
- * Milkwood Half Marathon & 10 km, Kommetjie
- * Savages Half Marathon & 10 km, Durban
- * Zio Cash and Carry 10 km, Sasolburg
- * André van Coller Memorial Half Marathon (EP Championships), Port Elizabeth
- * Konica Minolta Jackie Mekler 25 km & 10 km, Pretoria
- * Mossel Bay Mall 15 km, Mossel Bay
- * Two Lagoons 32 km & 10 km, Knysna
- * XC: WP League Meeting, Rondebosch

International highlights:

- * Volkswagen Prague International Marathon, Praha, CZE
 - * BIG 25, Berlin, GER
 - * Sendai International Half Marathon, Sendai, JPN
 - * Fifth Third River Bank Run 25 km, Grand Rapids, USA
 - * Medtronic TC Mile, Minneapolis, USA
 - * Track: Qatar Athletic Super Grand Prix, Doha, QAT
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ROAD RUNNING

Worldwear Panorama Half Marathon & 10 km

Johannesburg, 10 May

(Distances: 21.0975 km & 10 km; out-and-back courses)

Half marathon

MEN

1 Donald Mathipa (Powerade) 66:34; 2 Tshidiso Bosiu (GS) 66:52; 3 Vincent Seng (Powerade) 67:12; 4 Sipho Ncube (ZIM/MP) 67:37; 5 Nkopane Seqhobane (LES/GS) 70:22.

Veterans: 1 Peter Masia (RAC) 76:27; 2 Meshack Motla (Powerade) 77:06; 3 David Khosa (RH) 77:06. **Masters:** 1 Willie van der Berg (RRW) 88:03. **G'masters:** 1 Patrick Mafilika (Nedbank) 86:00. **Juniors:** 1 Stewart Mpholo (GS) 73:09.

WOMEN

1 Marelize Retief (Nedbank) 83:13; 2 Bettie Phungwayo (GS) 84:57; 3 Lesyl Potgieter (Roodepoort) 85:57; 4 Bronwyn Small (Fourways) 87:24; 5 Tanielle Mandy (Temp) 88:50.

Veterans: 1 Cynthia Mokovane (Powerade) 90:51; 2 Joanne Burns (Temps) 91:17; 3 Annetjie Strydom (Nedbank) 95:09. **Masters:** 1 Natalie Sanders (Fourways) 92:24. **G'masters:** 1 Hazel Quilliam (Roodepoort) 1:54:25.

10 km**MEN**

1 Lucky Miya (Powerade) 32:29; 2 Paul Manwa (Temp) 33:01; 3 Kotopetsa Mhlangu (GS) 33:32; 4 Belay Hagos (ETH/ADT) 35:09 (1st vet); 5 Simon Motlouna (Nedbank) 35:47.

Veterans: 1 Belay Hagos (ETH/ADT) 35:09; 2 Dean Passmore (Alberton) 38:16; 3 Charles Osekeng (Brotherhood) 39:31. **Masters:** 1 Andre Jansen (GS) 38:26. **G'masters:** 1 Don Charles (Brotherhood) 41:35. **Juniors:** 1 Kotopetsa Mhlangu (GS) 33:32.

WOMEN

1 Nolene Conrad (UJ) 36:31; 2 Mpho Mabuza (Powerade) 37:05; 3 Bianca van Niekerk (Nedbank) 38:47 (1st jun); 4 Rene Strydom (RH) 42:19; 5 Michelle Strydom (RH) 43:47.

Veterans: 1 Rene Strydom (RH) 42:19; 2 Aliki Hiestermaann (RH) 48:30; 3 Stella Madlala (Fourways) 57:04. **Masters:** 1 Judy Pace (RAC) 45:40. **G'masters:** 1 Sonja Laxton (RAC) 44:11. **Juniors:** 1 Bianca van Niekerk (Nedbank) 38:47.

Milkwood Half Marathon & 10 km

Kommetjie, Cape Town, 10 May
(Distances: 21.0975 km & 10 km; loop courses)

Half marathon**MEN**

1. Sibusiso Mbingeleli (Mr Pr) 67:31; 2. Peter Tsawayo (ZIM/RCS Gug) 68:09; 3. Siyabonga Habe (Mr Pr) 72:03; 4. Luvuyo Ntando (T.Mbiza) 73:08; 5. Nelson Bass (UCT) 76:43; 6. Zithulele Joseph (RCS Gug) 76:49; 7. Givemore Mundzinganyama (Ad) 77:55 (1st jun); 8. Brian Gillis (UCT) 77:58; 9. Edward Zozi (Harf Harr) 78:34; 10. Thandeka Gqamana (T.Mbiza) 78:35; 11. Madoda Feni (T.Mbiza) 79:24; 12. Simon von Witt (Atl) 79:31; 13. Charles Witbooi (VOB) 80:51; 14. Michael Sivuyisele (UCT) 82:56; 15. Richard Wright (UCT) 82:58; 16. Mogale Piloso (WP Def) 83:10; 17. Jeremy Norman (FH) 83:16; 18. Mark Dunley-Owen (VOB) 83:16; 19. Norman Johnson (FH) 83:19 (1st vet); 20. Dion Middelkoop (VOB) 83:52; 21. Ian Little (FH) 83:52; 22. James Simango (FH) 84:11; 23. Gregory Jacobs (Edg) 84:58 (1st mast); 24. Xolani Mbitzo (Ad) 85:11; 25. Goodman Mpukane (RCS Gug) 85:14; 26. Saheed Jagger (MP Titans) 85:15; 27. Leo Rust (VOB) 85:46; 28. Eric Makhope (Celt) 86:05; 29. Juniors Matlou (RCS Gug) 86:14; 30. Stef Patten (VOB) 86:17.

Masters (40+): 1. Norman Johnson (FH) 83:19; 2. Ian Little (FH) 83:52; 3. Neil Leibbrandt (OM) 94:19. **(50+):** 1. Gregory Jacobs (Edg) 84:58; 2. Goodman Mpukane (RCS Gug) 85:14; 3. Richard Johnson (OM) 88:39. **(60+):** 1. Jimmy Morris (For) 86:31; 2. Kenny Williams (Pine) 94:36; 3. Ian Bocock (For) 100:52. **Juniors:** 1. Givemore Mundzinganyama (Ad) 77:55.

WOMEN

1. Alae Brand (Ad) 80:58; 2. Michelle Bartman (Harf Harr) 82:16 (1st vet); 3. Joanna Thomas (VOB) 86:06; 4. Julia J. van Rensburg (Celt) 89:59; 5. Mari Wessels (Ind) 90:54; 6. Dain Hamilton (For) 91:16; 7. Liesl Stoltz (Dur) 92:53; 8. Lisa Geffen (Ind) 95:18; 9. Bev Charters (VOB) 98:04 (1st mast); 10. Leanne Dawson (Sat) 98:29; 11. Coriaan de Villiers (Ind) 99:02; 12. Kutlwano Ramaboa (UCT) 99:12; 13. Tania Kapp (VOB) 99:35; 14. Chantel Simpson (Pine) 99:50; 15. Nancy Will (Pine) 100:43; 16. Liz Verheyden (Ind) 100:57; 17. Katya Soggot (Ind) 101:29; 18. Kenna Kamps (RAC) 101:54; 19. Colleen Hohlfeldt (S.Str) 102:30; 20. Candyce Hall (Hout) 102:37.

Masters: (40+): 1. Michelle Bartman (Harf Harr) 82:16 (WP rec); 2. Joanna Thomas (VOB) 86:06; 3. Dain Hamilton (For) 91:16. **(50+):** 1. Bev Charters (VOB) 98:04; 2. Nancy Will (Pine) 100:43; 3. Colette van Eck (FH) 104:38. **(60+):** 1. Pixie Sparg (Celt) 114:20; 2. Marlene James (Pine) 125:37. **Juniors:** 1. Amy Gilmour (VOB) 112:56.

10 km**MEN**

1. Anthony Godongwana (Celt) 31:52; 2. Zolani Bhitane (Ned) 33:03; 3. Virginia Ngudlumana (Celt) 33:18; 4. Dawid Gous (Sw) 35:13; 5. Michael Bekapi (VOB) 38:51 (1st vet); 6. Andries Malete (Ind) 35:58; 7. Kevin Ngorima (Sat) 37:33; 8. Carlo Jacobs (Top) 37:50; 9. Matthew Winter (Ind) 39:00; 10. Brian O'Murchu (Ind) 39:52; 11. Adam Bothma (Ind) 39:55; 12. Daniel Egan (Ind) 41:57; 13. Daniel Gildenhuys (Ind) 42:53; 14. Nicholas Bodenstein (Ind) 43:10; 15. Simon Monteverdi (Ind) 43:19; 16. Matthew Henshall (Ind) 43:29; 17. Sipho Mahlanga (Tr'net) 44:02; 18. Reese Maharage (Celt) 45:01 (1st jun); 19. Stewart Watson (Flor) 45:15; 20. Adrian Hendricks (Ind) 45:17; 21. William Oldnall (Ind) 45:32; 22. Ian Pletzer (Ind) 45:35; 23. Gert Dols (Ind) 46:07; 24. Andrew Cole (Ind) 46:12; 25. De Vaal Hamman (Ind) 46:40; 26. Mark Slingsby (Ind) 46:59; 27. Marcus Gawronsky (Ind) 47:02; 28. Sanvir Patel (Ind) 47:03; 29. Arthur Benting (Yebo) 47:24; 30. Andrew Minor (Ind) 47:41.

Masters: (40+): 1. Michael Bekapi (VOB) 35:51; 2. Riaan Kuyle (Brack) 51:18; 3. Fuad Adams (Ith) 60:19. **(50+):** 1. Salie Taliep (Top) 66:20; 2. Wynand Beukes (Edg) 82:24. **(60+):** 1. John Brimble (For) 48:48; 2. Peter Bennet (FH) 50:41; 3. Sybrand Mostert (Ned) 60:40. **Juniors:** Reese Maharage (Celt) 45:01.

WOMEN

1. Thozama April (Celt) 37:53; 2. Busisiwe Matiwane (Celt) 41:49; 3. Mariëtte Esterhuyse (Tyg) 42:44 (1st vet); 4. Glenda Werth (Ned) 43:46; 5. Karin Winterbach (Ind) 44:23; 6. Ayanda Malamba (Atl) 45:10; 7. Amy Abrahams (ER) 47:35 (1st jun); 8. Sebenzile Shabalala (Atl) 47:48; 9. Charmaine Cupido (Ned) 48:16 (1st mast); 10. Helga Louw (Sw) 48:32; 11. Margaret von Zeil (Pine) 49:27; 12. Yvette Jordaan (Atl) 49:54; 13. Sonia Harlock (FH) 50:13; 14. Kathrine Antel (Ind) 50:42; 15. Trevelee Deutschmann (Ind) 51:04; 16. Susan Gluckman (R/W for L) 51:29; 17. Andrea Boettger (Sat) 51:30; 18. Nicky Steel (VOB) 51:49; 19. Carol Murrell (Ind) 52:15; 20. Sarah Fairhead (Ind) 52:16.

Masters: (40+): 1. Mariëtte Esterhuyse (Tyg) 42:44; 2. Margaret von Zeil (Pine) 49:27; 3. Sonia Harlock (FH) 50:13. **(50+):** 1. Charmaine Cupido (Ned) 48:16; 2. Helen du Plessis (Tyg) 55:30; 3. Laura Bouwer (Sanlam) 61:57. **(60+):** 1. Charlotte Kettlewell (VOB) 67:16. **Juniors:** Amy Abrahams (ER) 47:35.

Savages Half Marathon & 10 km

Durban, 10 May

(Distances: 21.0975 km & 10 km; out-and-back courses)

Half marathon**MEN**

1 Samuel Pazanga ZIM/F1 1:07:17, 2 Professor Mollen ZIM/Mr P 1:07:24, 3 Joseph Mandizha Ned 1:07:45.

40-49: 1 Peter Sehloho Boxer 1:13:46, 2 Lucky Ngenema IND 1:20:25. **50-59:** 1 Jeremiah Ngwenya Boxer 1:21:13, 2 Philip van Niekerk Stella 1:28:24. **60+:** 1 Pieter Badenhorst PDAC 1:38:47, 2 Blake Wilkins RAC 1:42:45.

WOMEN

1 Charné Bosman Mr P 1:21:40, 2 Alexia Loizou Mr P 1:28:16, 3 Ann Bonniwell Legends 1:28:43.

40-49: 1 Sandie de Beer SANDF 1:33:14, 2 Maureen Flack Glen 1:35:37, 3 Jeanette Davidson DHSOB 1:36:28. **50-59:** 1 Jenny Scott DCS 1:43:03 2 Lindsey Watkeys West 1:47:17. **60+:** 1 Gill Treganna West 1:54:37.

10 km**MEN**

1 Collen Makaza ZIM/F1 31:21, 2 Njabulo Phemvu Ned 31:21, 3 Prodigal Khumalo ZIM/Mr P 31:24.

40-49: 1 Herbert Mazongolo Boxer 35:02, 2 Sibusiso Ntuli 36:18. **50-59:** 1 Eloi de Oliveira Boxer 34:20, 2 Achim Mahlanzi SAV 35:58. **60+:** 1 Tim Briscoe DAC 44:07. **Juniors:** 1 Calvin Shabalala Ned 34:54.

WOMEN

1 Jenna Challenor Boxer 36:00, 2 Janene Carey Boxer 37:17, 3 Grace de Oliveira Boxer 38:31 (1st vet).

40-49: 1 Grace de Oliveira Boxer 38:31, 2 Maya Lawrie Boxer 39:01. **50-59:** 1 Sherée Kirsten PDAC 50:54, 2 Pat Fischer Stella n/t. **Juniors:** 1 Puseletso Dladla Boxer 41:08.

Zio Cash and Carry 10 km

Sasolburg, 9 May

Note: Much has been written previously in DRR about the fast times run year after year in this race. The Race Time Bias (RTB) factor has indicated that the course is probably short, but this year the RTB for nine of the times below is only -1.5 m/sec – well within the acceptable limit of -5 sec/km, so these times will be accepted for statistical purposes. Note that last year Tsosane ran 29:34, Mabuza 37:02, Aucamp 47:43 and Ceronio 41:15. – Ed.

MEN

1 Gladwin Mzazi (Powerade) 29:09; 2 Dominique Khoza (Nedbank) 29:10; 3 Kgosi Tsosane (Nedbank) 29:24; 4 Joseph McKenzie (ADT) 29:33; 5 Jeffrey Gwebu (Nedbank) 29:36.

Veterans: 1 Andries Kwanate (Arcelor Mittal) 35:55. **Masters:** 1 Ernest Tjela (Emfuleni) 37:02. **G'masters:** 1 Keith Jolly (Sasol) 44:48. **Juniors:** 1 Thapelo Madiba (ADT) 31:21.

WOMEN

1 Onneile Dintwe (BOT/Nedbank) 35:40; 2 Anna Sepotokele (ADT) 38:19; 3 Simangele Mabuza (Nedbank) 38:49; 4 Julia Dlamini (Eskom) 42:03; 5 Marietjie Ceronio (Nedbank) 42:55 (1st mast).

Veterans: 1 Elsabe Aucamp (Arcelor Mittal) 45:10. **Masters:** 1 Marietjie Ceronio (Nedbank) 42:55. **G'masters:** 1 Josephine Stungane (Orange Farm) 74:05. **Juniors:** 1 Refilwe Kubheka (Orange Farm) 49:07.

André van Collier Memorial Half Marathon

(EP Championships)

Port Elizabeth, 9 May

(Distance: 21.0975 km; loop course. Finishers: 594.)

MEN

1	Zolani	Ngqaqa	Mr Price PE	20	1:05:30
2	Rodney	Prins	Mr Price PE	20	1:05:35
3	George	Ntshiliza	Mr Price PE	29	1:05:40
4	Desmond	Zibi (1 st vet)	Mr Price PE	45	1:06:40
5	Phumelelo	August	Mr Price PE	24	1:06:44
6	Lawrence	Ntantiso	Nedbank RC	33	1:08:10
7	Luyanda	Tshangana	Mr Price PE	25	1:08:46

8	Masande	Mlonyeni	Nedbank RC	28	1:08:56
9	Anele	Maliza	Mr Price PE	31	1:09:27
10	Luyanda	Tshangana	Mr Price PE	25	1:09:48
11	Mila	Pasiya	Nedbank RC	29	1:10:23
12	Simphiwe	Tana	Nedbank RC	29	1:10:29
13	Christopher	Mabengeza	Nedbank RC	42	1:10:56
14	Sakhiwo	Ganca (1 st jun)	PEAAC	19	1:11:37
15	Robert	Matthys	Mr Price PE	32	1:11:47
16	Luvuyo	Matani	VWAC	26	1:11:58
17	Bulelini	Niwa	PEAAC	23	1:12:19
18	Hopewell	Jabavu	NMMU AC	25	1:12:26
19	Mzolisi	Makhanda	Nedbank RC	26	1:12:38
20	Alfred	Qogi	Nedbank RC	35	1:12:53

40-44:

1	Christopher	Mabengeza	Nedbank RC	42	1:10:56
2	Welcome	Loliwe	Nedbank RC	44	1:15:39
3	Maboyisana	Mazwayi	Nedbank RC	40	1:15:59

45-49:

1	Desmond	Zibi	Mr Price PE	45	1:06:40
2	Darrell	Wicht	Raleigh AC	45	1:16:44
3	Kenneth	Menze	Nedbank RC	47	1:17:02

50-54:

1	Andre	Willemse	Elite AC	50	1:24:26
2	Alan	Taylor	Raleigh AC	51	1:24:40
3	Leonard	Erasmus	Willard Batt	51	1:26:18

55-59:

1	Hannes	Els	Madiba Bay	59	1:28:31
2	Fikile	Seya	Nedbank RC	56	1:28:36
3	Donald	Mancasa	Raleigh AC	55	1:29:32

60-64:

1	Percy	Dalton	Achilles AAA	60	1:34:02
2	Hansie	Els	Somerset East	61	1:34:03
3	Johannes	Herbst	Muirite Strider	63	1:40:18

65-69:

1	Tamsanqa	Jusayi	Mr Price PE	67	1:23:45
2	Godfrey	Kariem	Cadbury AC	68	1:44:38
3	Nic	Snyman	PEAAC	65	1:54:02

70+:

1	Kai	Tarnow	Jeffreys Bay	70	2:21:09
2	Hilary	Pritchard	Crusaders AC	74	2:22:39

Juniors:

1	Sakhiwo	Ganca	PEAAC	19	1:11:37
2	Lubabaloo	Mdlungwane	PEAAC	15	1:15:13
3	Lolwethu	Mbityi	PEAAC	18	1:15:35

WOMEN

1	Ntombesintu	Ntshiliza	Mr Price PE	27	1:19:31
2	Liandre	Pretorius	Mr Price PE	30	1:24:09
3	Celeste	Swart (1 st vet)	Nedbank RC	40	1:24:19
4	Leanne	Finlay	Nedbank RC	41	1:24:26
5	Liza	Bright	Elite AC	27	1:24:52
6	Deliwe	Nyanga	PEAAC	20	1:27:04
7	Terri-Lynn	Penney	RWFL	32	1:28:52
8	Margie	Saunders (1 st mast)	Nedbank RC	55	1:31:14
9	Babalwa	Ngcoko	Mr Price PE	21	1:31:31
10	Sharon	Zeelie	Raleigh AC	38	1:32:57

11	Tracey	Brink	Temp	38	1:33:00
12	Christine	Claasen	Achilles AAA	44	1:34:05
13	Pat	Thomson	Achilles AAA	49	1:34:31
14	Maresa	Ah Kun	Bluewater Bay	33	1:35:37
15	Zoleka	Dondashe	Nedbank RC	23	1:35:39
16	Grizelda	Pietersen	Achilles AAA	40	1:37:04
17	Lesley	Wood	Achilles AAA	51	1:37:19
18	Adele	Nel	St Albans CSEP	36	1:37:39
19	Suzanne	Lavis	Jeffreys Bay	50	1:38:08
20	Sharon	Jessop	Raleigh AC	39	1:39:10

40-44:

1	Celeste	Swart	Nedbank RC	40	1:24:19
2	Leanne	Finlay	Nedbank RC	41	1:24:26
3	Christine	Claasen	Achilles AAA	44	1:34:05

45-49:

1	Pat	Thomson	Achilles AAA	49	1:34:31
2	Claire	Nagel	Elite AC	45	1:39:55
3	Janette	Schierz-Crusius	Body Concept	48	1:43:17

50-54:

1	Lesley	Wood	Achilles AAA	51	1:37:19
2	Suzanne	Lavis	Jeffreys Bay	50	1:38:08
3	Theresa	Lillis	Achilles AAA	52	1:50:43

55-59:

1	Margie	Saunders	Nedbank RC	55	1:31:14
2	Cathy	Ives	Achilles AAA	56	1:46:24
3	Jos	Els	Madiba Bay	57	1:50:56

60-64:

1	Liz	Grundlingh	Muirite Strider	62	1:50:00
2	Retha	Snyman	PEAAC	62	1:54:29
3	Elsa	Abrahams	Roodepoort AC	60	2:14:36

65-69:

1	Orgia	Nell	Muirite Strider	65	2:26:48
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70+:

1	Dorothy	Hart	PEAAC	71	2:19:29
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Juniors:

1	Terray	Newcombe	Nedbank RC	18	1:44:02
2	Nonkangelelko	Nyanga	PEAAC	15	2:33:15

Konica Minolta Jackie Mekler 25 km & 10 km

Pretoria, 9 May

(Out-and-back courses)

25 km**MEN**

1 Mike Tebulo (MAW/Tuks) 79:24; 2 Shadrack Hoff (Bashewa) 79:32; 3 Wesley Ruto (KEN/Toy) 79:35; 4 Richard Mavuso (MP) 79:35; 5 Cephas Pasipamire (Temp) 81:23; 6 Millen Matende (ZIM/Bashewa) 81:45; 7 Michel Ngaseke (ZIM/Toy) 81:46; 8 David Checha (GCH) 82:52; 9 Peter Jaehni (RAC) 83:40; 10 Kagiso Motyale (Mafikeng) 84:23.

Veterans: 1 Johannes Maluleka (VS) 86:36; 2 Dan Mothibe (NB) 90:02; 3 Douglas Malazi (Diepsloot) 90:45. **Masters:** 1 Daniel Moeti (Beefcor) 99:19. **G'masters:** 1 Pele Tshinkundalema (Yebo) n/t. **G/g'masters:** 1 Ian Goddard (BNAC) 2:30:35.

WOMEN

1 Tabitha Tsatsa (ZIM/Boxer) 92:18; 2 Olivia Chitate (ZIM/Bashewa) 95:12; 3 Anna Amutoko (NAM/MP) 97:45; 4 Rachel Akukukala (NAM/MP) 98:21; 5 Ronel Thomas (Bashewa) 99:46; 6 Rehana Russouw (Toy) 1:40:19; 7 Juliana Basson (Randmark) 1:40:48; 8 Belinda Waghorn (Nedbank) 1:40:55; 9 Sandra Steenkamp (AC) 1:42:34 (1st vet); 10 Petra Small (Kempton) 1:42:34.

Veterans: 1 Sandra Steenkamp (AC) 1:42:34; 2 Petra Small (Kempton) 1:42:34.

Masters: 1 Rae Bisschoff (Nedbank) 1:58:00. **G'masters:** 1 Regina Hughes (Agape)

1:59:25. **G/g'masters:** 1 Henta Jordaan (Mag) 3:47:00.

10 km

MEN

1 Desmond Mokgobi (GS) 31:32; 2 Frans Makola (Nedbank) 31:43; 3 Francis Makuka (ZAM/Bashewa) 36:07 (1st mast); 4 Steven Masai (Temp) 36:29; 5 Masa Khubeka (Kentron) 37:02.

Veterans: 1 Winston Fisher (Exxaro) 42:49; 2 Paul Loubser (Mag) 42:56. **Masters:** 1

Francis Makuka (Bashewa) 36:07. **G'masters:** 1 Danie Roux (Kempton) 56:47.

G/g'masters: 1 Ken Nurden (Agape) 45:48. **Juniors:** 1 Sello Moepi (Mafikeng) 38:50.

WOMEN

1 Mankutoane Matlakeng (LES/MP) 39:03; 2 Letitia Saayman (Bashewa) 39:31; 3 Myrette Filmater (Tuks) 41:21.

Veterans: 1 Marietjie Montgomery (Bashewa) 42:07; 2 Tracy de Waal (Irene) 43:03.

Masters: 1 Rene van Zyl (Tuks) 45:13. **G'masters:** 1 Sarie Botha (Tuks) 61:17.

G/g'masters: 1 Marina Odendaal (Solid) 62:46. **Juniors:** 1 Letitia Saayman (Bashewa) 39:31.

Mossel Bay Mall 15 km

Mossel Bay, 9 May

(Out-and-back course. Finishers: 124)

MEN

1	Vuyo	Witbooi	33	Outeniqua Harriers	48:58
2	Gurome	Gelderbloem	33	Mosselbaai Harriers	49:04
3	Mxolisi (Principal)	Fana	40	Nedbank SWD	49:50
4	Lindile	Tokota	41	Nedbank SWD	50:38
5	Luwayne	Duitsjan	22	Mosselbaai Harriers	51:09
6	Selwyn	Losper	44	Mosselbaai Harriers	51:16
7	Jafta	Mukwaja	29	Hartenbos Drawwers	51:39
8	Didishe	Sinesipho	19	Knysna M C	53:48
9	Melikhaya	Msizi	25	Knysna M C	54:21
10	Marlon	Mortlock	35	Knysna M C	54:34

WOMEN

1	Kerry	Roos	31	Knysna M C	1:03:56
2	Johanna	Claassen	40	Nedbank SWD	1:06:45
3	Kleintjie	Van Schalkwyk	45	Hartenbos Drawwers	1:08:20
4	Christa	Smit	41	Mosselbaai Harriers	1:14:05
5	Aletta	van Niekerk	44	Nedbank SWD	1:15:22
6	Helene	Müller	16	TEMP	1:16:32
7	Christine	Sonnekus	37	Mosselbaai Harriers	1:18:16
8	Mariëtte	De Haan	54	Nedbank SWD	1:18:17
9	Suzaan	Kruger	26	Outeniqua Harriers	1:18:19

10 Carike Jacobs 32 Nedbank SWD 1:18:20

Two Lagoons 32 km & 10 km

Knysna, 2 May

Note: This used to be an ultramarathon, run on a point to point course. The configuration of the present courses is unknown. Note also the appearance of former middle-distance ace Marius-Hugo Schlechter, now 44, in the veteran category of the 10 km. – Ed.

32 km

MEN

1. Eric Sigxashe	Mr Price EP	1:54:58
2. Vuyo Witbooi	Outeniqua	1:58:11
3. Justice Bushe	Mr Price EP	1:58:32

Veterans:

1. Martin Rulpshe	Mossel Bay Har	2:33:31
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Masters:

1. Sidwill October	Rainbow	2:25:50
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G'masters:

1. Dave Edge	Sedgefield	2:54:33
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WOMEN

1. Kirsty Weir	Adidas	2:27:03
2. Hendrien Dirkse van Schalkwyk	CSIR PTA	2:37:15
3. Lisl Grobler	Knysna	2:40:05

Veterans:

1. Kleintjie van Schalkwyk	Hartenbos	2:54:44
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Masters:

1. Mariette de Haan	Nedbank	3:27:52
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G'masters:

1. Ester Oosthuizen	Hartenbos	3:51:36
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10 km

MEN

1. Nkosina Madio	Nedbank	31:01
2. Sinesipho Didishe	Knysna	34:34
3. Antonie Seconds	Nedbank	34:05

Veterans:

1. Marius-Hugo Schlechter	Plettenberg Bay	36:08
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Masters:

1. Christiaan Pienaar	Hartenbos	51:58
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G'masters:

1. Pieter Jacoby	Knysna	43:49
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Juniors:

1. Sinesipho Didishe	Knysna MC	34:34
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WOMEN

1. Annatjie Botes	Nedbank	41:47
2. Kerry Roos	Knysna	42:01
3. Alma Colyn	Temp	44:22

Veterans:

1. Sharifa Louw	Knysna	48:35
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Masters:

1. Annatjies Botes	Nedbank	41:47
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G'masters:

1. Annamarie van Eck	Outeniqua	1:08:00
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Juniors:

1. Yaneio Negemntu	Nedbank	56:06
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CROSS-COUNTRY**WP League Meeting (1st)**

Rondebosch, 9 May

MEN

12 km: 1. Velani Lusaseni (Ad) 38:24; 2. Tom Lusaseni (Celt) 38:25; 3. Kevin Oliphant (Ad) 38:26; 4. Bonisile Ngculana (Atl) 39:27; 5. Duane Fortuin (Celt) 39:37; 6. Denis Nyakangi Obiero (Celt) 39:38; 7. Givemore Mudzinganyama (Ad) 40:51; 8. Fabian Faro (MP Titans) 40:32; 9. Masixole Peza (Ad) 40:54; 10. Mkhululi Mbejeni (Atl) 40:55; 11. Myzanda Gumenge (VOB) 40:56; 12. Bongile Tshwewala (East) 40:57; 13. Thobekile Mbulawa (Khaye) 41:08; 14. Anele Ndzuta (Ad) 41:31; 15. Patrick Magadla (VOB) 41:39; 16. Samson Gulubela (Atl) 41:41; 17. Marks Mpekula (VOB) 41:56; 18. Zondwa Nombexeza (Atl) 42:01; 19. Brian Gillis (UCT) 42:29; 20. Isaac Ikalaheng (Ad) 42:31.

4 km: 1. Virgina Ngudlumana (Celt) 12:12; 2. Anthony Godongwana (Celt) 12:18; 3. Gilbert Koror (UWC) 12:23.

Masters: (8 km): (35+): 1. Graham Katzen (Celt) 27:09; 2. Vuyani Sixaso (VOB) 28:41; 3. Roger Dickson (VOB) 28:54. **(40+):** 1. Johnny Persents (Ad) 27:42; 2. Tobias Philander (Ad) 29:21; 3. Barend Jacobs (Celt) 29:47. **(50+):** 1. Goodman Mpukane (RCS Gug) 29:58; 2. Robbie Lindsay (Ned) 32:01; 3. Awie Veldsman (H.Harr) 32:36. **(60+):** 1. Albertus Bock (Ad) 34:48; 2. Michael Clark (VOB) 35:53; 3. Johan Botha (R/W for L) 36:21. **Juniors (8 km):** 1. Manfred Samuels (H.Harr) 27:52; 2. Anthony Matthee (H.Harr) 28:09; 3. Gcobani Mndi (VOB) 28:11.

WOMEN

8 km: 1. Busisiwe Matiwane (Celt) 33:54; 2. Sheryl de Lange (Ad) 34:52; 3. Destiny Titus (UWC) 34:56; 4. Ineke Nel (UCT) 34:59; 5. René de Bruin (WP Def) 35:38; 6. Chantel de Lange (Ad) 35:56; 7. Renée Scott (Ad) 36:13; 8. Liesl Steenkamp (Bel) 36:29; 9. Hendré de Villiers (Edg) 37:01; 10. K. Fennemore (UCT) 38:34; 11. Elizabeth de Gouveia (Dur) 38:45; 12. Melany Porter (Pine) 39:28; 13. Nomawabo Jojo (RCS Gug) 40:49; 14. Megan Beckett (UCT) 41:04; 15. Megan Dempster (UCT) 41:05.

4 km: 1. Thozama April (Celt) 15:11; 2. Tina-Mari Meyer (Bel) 17:43; 3. Tyshia Johannes (RCS Gug) 18:25.

Masters: (4 km): (35+): 1. Francis Roman (Celt) 15:46; 2. Patricia Adams (Met) 16:21; 3. Elizabeth de Gouveia (Dur) 18:18. **(40+):** 1. Joanna Thomas (VOB) 15:44; 2. Sheryl de Lange (Ad) 15:55; 3. Mariëtte Esterhuyse (Tyg) 16:14. **(50+):** 1. Olga Howard (Celt) 16:41; 2. Nancy Will (Pine) 18:11; 3. Collette van Eck (FH) 18:25. **(60+):** 1. Pixie Sparg (Celt) 20:09; 2. Priscilla von Schlicht (Tyg) 20:45; 3. Marlene James (Pine) 24:08. **Juniors (6 km):** 1. Ashley Blackwell (VOB) 25:05; 2. Yonela Hewu (RCS Gug) 26:11; 3. Tanya Scott (UCT) 26:24.

INTERNATIONAL

International results and news with acknowledgement to *Race Results Weekly*, *Athletics International*, *e-Track Newsletter*, *Running USA Wire*, Ken Nakamura, Wim van Hemert, the IAAF and various other websites. South Africans' performances are highlighted in yellow.

ROAD RUNNING

Volkswagen Prague International Marathon (15th)

Praha, CZE, 10 May

(Distance: 42.195 km; mostly flat loop course)

MEN (gun times)

- | | | |
|-------------------------------|------------|---------------------------------|
| 1. Patrick Ivuti, KEN | 2:07:48 CR | 16,000 + 10,000* + 30,000i euro |
| 2. Stephen Kibiwott, KEN | 2:07:54 PB | 9,000 + 30,000i |
| 3. Kenneth Mburu Mungara, KEN | 2:10:29 PB | 6,000 |
| 4. Mykola Antonenko, UKR | 2:10:54 PB | 3,000 |
| 5. Luis Feiteira, POR | 2:11:57 | 1,500 |

*) course and event record 10000 euro bonus

i) earned time incentive bonus

WOMEN (gun times)

- | | | |
|----------------------------------|---------------|-----------|
| 1. Olga Glok, RUS | 2:28:27 PB/CR | 8500 euro |
| 2. Mulu Seboka, ETH | 2:30:39 | 4000 |
| 3. Eyerusalem Kuma, ETH | 2:32:43 | 2000 |
| 4. Emma Muthoni Kiruki, KEN | 2:33:02 | 1000 |
| 5. Margaret Karie Toroitich, KEN | 2:33:22 | 800 |

BIG 25 (29th)

(Formerly called the "25 Km Von Berlin")

Berlin, GER, 10 May

(Distance: 25 km; flat course)

Note: Peninah Arusei scored her third victory and a course record, just three seconds outside Grete Waitz's ARRS-ratified world record of 1:22:28 (the IAAF recognizes Mizuki Noguchi's faster 1:22:13 en route to her Berlin Marathon victory in 2005). – Ed.

MEN (gun times)

- | | |
|-----------------------|---------|
| 1. Matthew Koech, KEN | 1:13:24 |
| 2. Fred Kosgei, KEN | 1:14:35 |
| 3. Luke Kibet, KEN | 1:15:31 |
| 4. Imanuel Samal, KEN | 1:16:33 |
| 5. Henry Kosgei, KEN | 1:17:07 |

WOMEN (gun times)

- | | |
|----------------------------|---------------|
| 1. Peninah Arusei, KEN | 1:22:31 CR/NR |
| 2. Furtuna Zegergish, ERI | 1:22:57 NR |
| 3. Caroline Cheptonui, KEN | 1:23:43 |
| 4. Magdaline Mukunzi, KEN | 1:25:05 |
| 5. Weini Tedros, ERI | 1:28:13 |

Sendai International Half Marathon (19th)

Sendai, JPN, 10 May

(Distance: 21.1 km)

MEN

1. Harun Njoroge (Komori Corp./KEN) 1:02:02
2. Julius Gitahi (Nissin Shokuhin Grp./KEN) 1:02:33
3. Yukihiro Kitaoka (NTN) 1:02:34
4. Joseph Mwaniki (Konica Minolta/KEN) 1:02:52
5. Ryosuke Fukuyama (JAL Ground Service) 1:02:58

WOMEN

1. Yukiko Akaba (Hokuren) 1:08:50
2. Julia Mombi (Aruze/KEN) 1:11:21
3. Hiroko Shoi (Nihon ChemiCon) 1:11:27 PB
4. Mai Ito (Otsuka Seiyaku) 1:12:08
5. Miyuki Ando (Daiichi Seimei) 1:13:05

Fifth Third River Bank Run 25 km (32nd)

(U.S. 25 km Open & Masters Championships)

Grand Rapids, USA, 9 May

(Different, more hilly course used this year due to flooding)

MEN

1. Isaac Kimaiyo, 30, KEN 1:15:36 \$4000
2. Dan Browne, 33, Beaverton, OR 1:15:56 2000 + 4000a
3. Linus Maiyo, 26, KEN 1:16:00 1500

WOMEN

1. Genoveva Jelagat Kigen, 27, KEN 1:27:16 \$4000
2. Sally Meyerhoff, 25, Tempe, AZ 1:27:28 2000 + 4000a
3. Magdalena Lewy Boulet, 35, Oakland, CA 1:28:14 1500 + 2000a

a) Earned USA championships prize money

Medtronic TC Mile

(USA Road Mile Championships)

Minneapolis, USA, 7 May

(Distance: 1 mile; poin-to-point course, mostly straight with one left turn in the final quarter)

MEN

1. David Torrence, Berkeley, CA, 23, Unatt. 3:59.3 CR* \$4000 + 10,000i

WOMEN

1. Shannon Rowbury, San Francisco, CA, 24, Nike 4:33.4 CR \$4000
2. Sara Hall, Mammoth Lakes, CA, 26, Asics 4:39.1 2500
3. Sara Vaughn, Boulder, CO, 22, Boulder RC/adidas 4:41.3 1500

TRACK**Qatar Athletic Super Grand Prix**

(IAAF Super Grand Prix)

Doha, QAT, 8 May

MEN**800:**

1. Abubaker Kaki, SUD 1:43.09 WL
2. Asbel Kipruto Kiprop, KEN 1:43.17
3. Mohammed Al-Salhi, KSA 1:43.66 NR
4. David Lekuta Rudisha, KEN 1:44.78
5. Dmitrijs Milkevics, LAT 1:45.21

1500:

1. Augustine Kiprono Choge, KEN 3:30.88 WL, PB
2. Haron Keitany, KEN 3:30.90 PB
3. Deresse Mekonnen, ETH 3:33.28 PB
4. Mohamed Moustauoui, MAR 3:33.40
5. Alfred Kirwa Yego, KEN 3:33.68 PB
6. Gideon Gathimba, KEN 3:33.97
7. Antar Zerguelaine, ALG 3:35.02
8. Youssef Baba, MAR 3:35.89

3000:

1. Eliud Kipchoge, KEN 7:28.37 WL
2. Thomas Longosiwa, KEN 7:30.09 PB
3. Edwin Soi, KEN 7:31.50 PB
4. Saif Saaeed Shaheen, QAT 7:32.46 PB
5. Daniel Kipchirchir Komen, KEN 7:32.91
6. Mark Kiptoo, KEN 7:32.97 PB
7. James Kwalia C'Kurui, QAT 7:43.26
8. Essa Ismail Rashed, QAT 7:48.04
9. Mahiedine Mekhissi-Benabbad, FRA 7:53.50 PB
10. Samir Khadar, ALG 7:54.71

3000 s/chase:

1. Ezekiel Kemboi, KEN 7:58.85 WL, PB
2. Paul Kipsiele Koech, KEN 8:01.72
3. Brimin Kiprop Kipruto, KEN 8:08.71
4. Tareq Mubarak Taher, BRN 8:10.30
5. Elijah Chelimo, KEN 8:10.63 PB

WOMEN**1500:**

1. Gelete Burka, ETH 4:06.67 WL
2. Vivian Cheruiyot, KEN 4:07.41
3. Ehssan Arbab, SUD 4:08.49 NR, NJR, NYR [1992]
4. Btissam Lakhoud, MAR 4:08.94
5. Siham Hilali, MAR 4:09.19
6. Viola Kibiwot, KEN 4:09.22
7. Judit Varga, HUN 4:09.75
8. Nancy Jebet Lagat, KEN 4:10.27

3000 s/chase:

1. Ruth Bisibori Nyangau, KEN 9:32.68 WL
2. Zemzem Ahmed, ETH 9:33.74

3. Sofia Assefa, ETH	9:37.96
4. Habiba Ghribi, TUN	9:42.18
5. Mekdes Bekele, ETH	9:42.73
6. Ancuta Bobocel, ROU	9:44.83
7. Cristina Casandra, ROU	9:46.49
8. Sophie Duarte, FRA	9:48.00

NEWS

S.A. TEAM FOR AFRICAN JUNIOR CHAMPIONSHIPS

Athletics South Africa has announced a provisional team of 24 men and nine women for the African Junior Championships in Mauritius from 30 July to 2 August. No indication was given about how the final team will be decided upon.

The team is:

MEN

Waide Jooste, 100 m, (CGA); Ethan Floris, 100 m (BOLA); Patrick Vosloo, 200 m (AVT); Brent Stevens, 200 m (WPA); Peter Marx, 400 m (AFS); Shaun de Jager, 400 m (BOLA); William Motosola, 800 m and 3000 m steeplechase (AFS); Retlale Mokone, 800 m (AFS); Jerry Motsau, 1500 m (CGA); Folavio Sehohle, 5000 m (CGA); Joel Monne, 5000 m (ACNW); Senzo Nkosi, 10000 m (KZNA); Dewald Bekker, 10000 m walk (AGN); Cornel Fredericks, 110 m hurdles and 400 m hurdles (BOLA); Kobus Moolman, 110 m hurdles (AGN); Neil de Beer, 400 m hurdles (AGN); Ruan Claassen, high jump (AVT); Dylan Cotter, long jump (CGA); Boipelo Mothlathlego, triple jump (AGN); Apelele Rasmeni, triple jump (BORA); Stephan Brink, shot put (AGN); Dewald van Heerden, discus throw (CGA); Ulrich Damon, javelin throw (ACNW); and Cheyne Rahme, Pole vault (CGA).

WOMEN

Allysa Conley, 100 m and 200 m (CGA); Melissa Hewitt, 100 m (BOL); Rorisang Rammony, 200 m and 400 m (ANWN); Anuschka Nice, 400 m and 800 m (CGA); Caster Semenya, 800 m and 1500 m (AGN); Lindie Liebenberg, discus throw (BORA); Tazmin Brits, javelin throw (ACNW); Gazelle Barnard, javelin throw (BORA); and Corli Swart, 10000 m walk (AFS).

STATS TIME

Michelle Bartman's new Western Province veteran record (pending ratification) of 82:16 this weekend puts her just outside the top ten on the SA all-time list. Here is the list:

1:13:45	Sonja Laxton	1	Durban	20 Jul 85
1:19:15	Laura Hofer	11	Durban	22 Jul 89
1:20:41	Zola Pieterse	1	Myrtle Beach	14 Feb 09
1:20:58	Diane Sandford	1	Port Elizabeth	15 May 04
1:20:58	Grace de Oliveira	4	Namakgale	27 Jul 02
1:21:08	Anne Weeden	22	Durban	21 Jul 90
1:21:13	Amanda Boshoff	1	Port Elizabeth	29 Jun 96
1:21:23	Judy Bird	13	Durban	10 Jul 05
1:21:35	Maya Lawrie	4	Durban	25 May 08
1:22:01A	Nancy Will	4	Bredasdorp	14 Oct 95

THIS MONTH IN HISTORY

This weekly column highlights a special race or event from the past that happened in the current month.

81 years ago: 13 May 1928

Marthinus Steytler is one of the unsung heroes of SA marathoning. The fact that he had only one arm did not prevent him from being the country's top marathon runner in the late twenties. He was the only South African to be selected for the 1928 Amsterdam Olympic Marathon after he had broken the world record with a phenomenal 2:26:37 in Paarl – only for the record to be disallowed when the course was found to be 2 miles short. But on 13 May he did succeed in breaking Ken McArthur's national record, which had stood since 1910, with 2:41:35 in Durban. In Amsterdam he ran a slow 2:57:21 for 40th.

SOUTH AFRICAN ROAD LIST LEADERS FOR 2009

This section lists the best South African performance this year for each of the age categories over the distances recognised by the IAAF for record purposes. Note that the categories are not closed as is the practice in SA races, i.e. athletes are included in younger age categories if their times qualify. Changes from the previous list are shown in red. Please send me any amendments. World leaders are shown in the senior category, on a grey background. World records are shown in green. – Ed.

MEN

Seniors

10 km	28:28	Hendrick Ramaala	Durban	08 Feb
	27:01	Micah Kogo (KEN)		
15 km	27:02*	Haile Gebrselassie (ETH) 2002		
	44:27	Lusapho April	Port Elizabeth	07 Mar
21.1 km	43:26	Ryan Hall (USA)		
	41:29	Felix Limo (KEN) 2001 & Deribe Merga** (ETH) 2009		
25 km	63:12	Hendrick Ramaala	Middelburg	04 Apr
	58:52	Patrick Makau (KEN)		
30 km	58:33	Samuel Wanjiru (KEN) 2007		
	79:32	Shadrack Hoff	Pretoria	09 May
Marathon	72:45	Paul Kosgei (KEN) 2004		
	1:42:54	Sipho Phala	Parow	22 Mar
100 km	1:29:55	Yu Mitsuya (JPN)		
	88:00	Takayuki Matsumiya (JPN) 2005		
Marathon	2:07:44	Hendrick Ramaala	London	26 Apr
	2:04:27	Duncan Kibet (KEN & James Kwambai (KEN)		
100 km	2:03:59	Haile Gebrselassie (ETH) 2008		
	6:13:33	Takahiro Sunada (JPN) 1998		

*) The Association of Road Racing Statisticians (ARRS) recognises Kenyan Sammy Kipketer's 27:18 in 2001 as the world record because of technical irregularities with the Gebrselassie time. A time of 27:01 by Micah Kogo (KEN) in 2009 is pending.

**) The ARRS does not recognise records set at intermediate points in a longer race.

Veterans (40+)

10 km	30:18	Mluleki Nobanda	Durban	08 Feb
	28:51	Paulo Catarino (POR) 2003		
15 km	48:19	Desmond Zibi	Port Elizabeth	17 Jan
	44:14	Pierre Levisse (FRA) 1992		
21.1 km	66:40	Desmond Zibi	Port Elizabeth	09 May

	68:44a	Maboyisana Mazwayi	Jeffreys Bay	28 Mar
	62:28	John Campbell (NZL) 1990 & Nelson Chirchir (KEN) 1996		
25 km	86:36	Johannes Maluleka	Pretoria	09 May
	89:35a	Basie Bonaparte	Somerset East	14 Mar
	76:49	Martin Mondragon (MEX) 1994		
30 km	1:44:25	Lindile Tokota	Sedgefield	21 Mar
	1:35:28	Geraldo Antonio da Silva (BRA) 2002		
Marathon	2:27:32	Reginald Ngobese	Durban	08 Feb
	2:24:22a	Lindile Tokota	Oudtshoorn	28 Feb
	2:08:46	Andres Espinosa (MEX) 2003		
100 km				
	6:18:24	Mario Ardemagni (ITA) 2004		

Masters (50+)

10 km	34:50	Thulani Sibisi	Durban	08 Feb
	30:35	Tecwyn Davies (GBR) 1988		
15 km	55:45	Goodman Mpukane	Constantia	07 Mar
	47:52	Titus Mamabolo (RSA) 1991		
21.1 km	78:25	Johannes Seakamelo	Benoni	25 Jan
	66:42	Martin Rees (GBR) 2003		
25 km	90:56	Eloi de Oliveira	Durban	22 Mar
30 km	1:59:19	Gemjikile Tom	Parow	22 Mar
	2:19:29	Titus Mamabolo (RSA) 1991		
Marathon	2:36:53	Eloi de Oliveira	Durban	08 Feb
100 km				

Grandmasters (60+)

10 km	37:58	Albertus Bock	Bellville	18 Apr
15 km	58:51	Albertus Bock	Constantia	07 Mar
21.1 km	83:45	Tamsanqa Jusayi	Port Elizabeth	09 May
	84:42a	Tamsanqa Jusayi	Jeffreys Bay	28 Mar
25 km	1:47:48a	Tamsanqa Jusayi	Somerset East	14 Mar
30 km	2:09:10	Albertus Bock	Parow	22 Mar
Marathon	3:02:17	Paulus Masilela	Durban	08 Feb
100 km				

Juniors

10 km	29:56	Sityhilo Diko	Durban	08 Feb
	27:52	Richard Chelimo (KEN) 1990		
15 km	50:03	Sakhiwo Ganca	Port Elizabeth	25 Apr
	42:25	Moses Mosop (KEN) 2004		
21.1 km	71:02	Wanda Roro	Wellington	01 May
	59:16	Samuel Wanjiru (KEN) 2005		

WOMENSeniors

10 km	33:48	René Kalmer	Port Elizabeth	02 May
	31:12	Vivian Cheruiyot (KEN)		
	30:21	Paula Radcliffe (GBR) 2003		
15 km	55:18	Kim Laxton	Eldorado Park	08 Mar
	49:23	Sara Moreira (POR)		
	46:55	Kayoko Fukushi (JPN) 2006		
21.1 km	76:08	Tanith Maxwell	Warsaw	29 Mar
	67:18	Dire Tune (ETH)		
	66:25	Lornah Kiplagat (KEN) 2007		
25 km	99:46	Ronel Thomas	Pretoria	09 May
	82:13	Mizuki Noguchi (JPN) 2005		

30 km	2:06:39	Joanna Thomas	Camps Bay	11 Jan
	1:47:01	Tomoe Yokoyama (JPN)		
	1:38:49	Mizuki Noguchi (JPN) 2005		
Marathon	2:47:05	Tshifhiwa Mundalamo	Durban	08 Feb
	2:22:11	Irina Mikiitenko (GER)		
	2:15:25	Paula Radcliffe (GBR) 2003		
100 km	6:33:11	Tomoe Abe (JPN) 2000		
<u>Veterans (40+)</u>				
10 km	36:52	Michelle Bartman	Port Elizabeth	02 May
	32:14	Priscilla Welch (GBR) 1985		
15 km	57:58	Michelle Bartman	Constantia	07 Mar
	49:35	Priscilla Welch (GBR) 1985		
21.1 km	80:41	Zola Pieterse	Myrtle Beach	14 Feb
	70:32	Helena Javornik (SLO) 2007		
25 km	1:42:34	Sandra Steenkamp	Pretoria	09 May
	1:54:08a	Grizelda Pietersen	Somerset East	14 Mar
	82:13	Mizuki Noguchi (JPN) 2005		
30 km	2:06:39	Joanna Thomas	Camps Bay	11 Jan
	1:51:37	Mieke Pullen (NED) 2001		
Marathon	2:58:10	Sarah Mahlangu	Durban	08 Feb
	2:26:51	Priscilla Welch (GBR) 1987		
100 km	7:00:27	Normi Sakurai (JPN) 2007		
<u>Masters (50+)</u>				
10 km	41:02	Loesje de Beer	Port Elizabeth	21 Feb
	34:44	Tatyana Pozdniakova (UKR) 2005		
15 km	65:32	Loesje de Beer	Port Elizabeth	17 Jan
	(and same time in Port Elizabeth on 31 Jan)			
	54:33	Shirley Matson (USA) 1991		
21.1 km	91:14	Margie Saunders	Port Elizabeth	09 May
	76:07	Tatyana Pozdniakova (UKR) 2006		
25 km	1:58:00	Rae Bisschoff	Pretoria	09 May
30 km	2:18:56	Annatjie Botes	Sedgefield	21 Mar
	2:31:05	Tatyana Pozdniakova (UKR) 2005		
Marathon	3:17:01	Annatjie Botes	Durban	08 Feb
100 km				
<u>Grandmasters (60+)</u>				
10 km	41:20	Sonja Laxton	Bellville	05 Apr
15 km	68:48	Sonja Laxton	Eldorado Park	08 Mar
21.1 km	1:40:37	Veronica van Niekerk	Wellington	01 May
25 km	1:59:25	Regina Hughes	Pretoria	09 May
30 km	2:26:42	Veronica van Niekerk	Parow	22 Mar
Marathon	3:28:36	Liz Ruickbie	Durban	08 Feb
100 km				
<u>Juniors</u>				
10 km	35:45	Maxine Heine-Wacker	Port Elizabeth	02 May
	31:42	Zola Pieterse (RSA) 1984		
15 km	62:35	Nadia Hechter	Krugersdorp	04 Feb
	49:40	Ines Chenonge (KEN) 2001		
21.1 km	84:09	Quarta Wiese	Wellington	01 May
	1:09:05	Delilah Asiago (KEN) 1991		

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